

Professionals/Services

Professional/Service	How they can help	How you can access their support
<p>Cardiff Family Advice and Support</p> <p>Contact No.: 03000 133 133</p>	<ul style="list-style-type: none"> • Cardiff Family Advice and Support brings together a range of information, advice and assistance for children, young people and their families in Cardiff. This can be accessed through the Family Gateway on 03000 133 133 • The Family Gateway team can help you find support services including money advice, housing, welfare benefits, child behaviour, childcare, school attendance, children with disabilities, health and well-being, parental support and much more. • The Family Gateway team work alongside Family Help and Support 4 Families when and where families need additional support. • They can also link families with Cardiff Parenting Services (see below) and the EPATS course. 	<p>Any professionals, parents, children and young people or members of the public can contact via telephone: 03000 133 133 or E-mail: ContactFAS@cardiff.gov.uk</p> <p>For more information visit: https://www.cardiffamilies.co.uk/</p>
<p>Cardiff Parenting Services</p> <p>Contact No.: 03000 133 133</p>	<ul style="list-style-type: none"> • The aim of Cardiff Parenting Services is to work in partnership with families living in Cardiff to improve parenting confidence and skills, strengthen relationships, help parents feel more able to support their child's development and nurture wellbeing and resilience. • Cardiff Parenting delivers a variety of services to families across Cardiff with crèche facilities available. These services include: <ul style="list-style-type: none"> ○ Gro Brain ○ Parent Nurturing Programme ○ Strengthening Families ○ Parents Plus & First (Psychology-led 1:1 Parenting support) 	<p>Any professionals, parents, children and young people or members of the public can contact via telephone: 03000 133 133</p> <p>For more information visit: https://www.cardiffamilies.co.uk/cardiff-parenting-0-18/</p>
<p>Vale Family Information Service (FIS)</p> <p>Contact No.: 01446 704704</p>	<ul style="list-style-type: none"> • Information on childcare, activities and services for children and young people and family support in the Vale of Glamorgan. 	<p>Any professional or parent can contact FIS via telephone: 01446 704704</p> <p>For more information visit: https://www.valeofglamorgan.gov.uk/en/living/social_care/children_and_young_people/Family-</p>

		Information-Service/Family-Information-Service.aspx
<p>Families First Advice Line (VALE)</p> <p>Contact No.: 0800 0327 322</p>	<ul style="list-style-type: none"> • Offers advice, support and guidance for families and professionals in the Vale of Glamorgan. • Service aims to provide advice, help parents identify and access services, and provide emotional support and practical guidance • Can also refer to Vale Parenting, Barnardo's, EPATs- Early Positive Approaches to Support. 	<p>Any professional or parent with a child 0-18 can contact the advice line on 0800 0327 322</p> <p>For more information visit: https://www.valeofglamorgan.gov.uk/en/living/social_care/children_and_young_people/families_first/Families-First-Advice-Line.aspx</p>
<p>Children's Services</p> <p>Contact No.: 02920 536 490</p>	<ul style="list-style-type: none"> • Offer advice on services, care, supporting your wellbeing etc. • Can refer onto other services. • Can advise you on financial aid, education, and short breaks. 	<p>Cardiff Social Services:</p> <p>Telephone: 02920 536 490</p>
<p>One Group / Grwp Un</p> <p>Contact No.: 029 2067 1466</p>	<ul style="list-style-type: none"> • Stay and play groups in Cardiff for children 0-5 with Additional Needs and their parents • Advice and support from Health, Education, 3rd Sector & Social Care professionals while your child plays • Term time only. 	<p>No diagnosis or referral needed</p> <p>Information on groups can be found on;</p> <p>Twitter: @grwp1group</p> <p>Facebook: Grwp1Group</p> <p>Or by contacting them via telephone: 029 2067 1466</p>
<p>Rainbow Group</p>	<ul style="list-style-type: none"> • Stay and play group in the Vale of Glamorgan for children 0-5 with additional needs and their parents. Term time only. 	<p>More info at: www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=33157</p>
<p>SNAP Cymru</p> <p>Contact No.: 0808 801 0608</p>	<ul style="list-style-type: none"> • Provides information, advice and support for parents, children and young people who have, or may have, special educational needs/additional learning needs or disabilities. 	<p>The information and advice line is available Monday – Friday 9:30am – 4:30pm:</p> <p>0808 801 0608</p> <p>For more information visit: http://www.snapcymru.org/</p>

<p>Cardiff Education Services</p>	<ul style="list-style-type: none"> Information about the new Additional Learning Needs (ALN) processes in Wales 	<p>ALN Helpline – 02920872731</p> <p>www.cardiffeducationservices.co.uk</p> <p>ALNHelpline@cardiff.gov.uk</p>
<p>The Index</p>	<ul style="list-style-type: none"> For Children and Young People (0-18) with Disabilities or Additional Needs in Cardiff and the Vale of Glamorgan Provides up to date information about services, events and activities You will receive; The Index Newsletter every 3 months / The Index eNews regularly via email 	<p>Any parent with a child 0-18 with disabilities or additional needs can sign up to the index by completing the online registration form:</p> <p>Cardiff:</p> <p>www.cardiffamilies.co.uk/the-index</p> <p>Vale of Glamorgan:</p> <p>www.valeofglamorgan.gov.uk/en/living/social_care/children_and_young_people/children_with_additional_needs/the-index/The-index.aspx</p>
<p>Contact Cymru</p> <p>For families with disabled children</p> <p>Address:</p> <p>cymru@contact.org.uk</p> <p>Helpline: 0808 808 3555</p>	<p>8 session well-being programme for families with disabled children offer an 8 week programme of 8 free 3 hour workshops for parents of children with disabilities and additional needs (with and without diagnosis)</p> <p>Brighter beginnings – a practical and transformative series of early years’ workshops. It is for families whose children are aged 0-8 and have additional needs (diagnosed or not).</p>	<p>Contact 07904 672614 / 029 2039 6624 for workshop enquiries</p> <p>Contact Cymru</p> <p>https://contact.org.uk/cymru</p>
<p>Caudwell children</p>	<ul style="list-style-type: none"> Offers a family support service Financial help towards equipment, treatment and therapies 	<p>More info at:</p> <p>www.caudwellchildren.com</p>
<p>New life</p>	<ul style="list-style-type: none"> Offers free helpline by qualified nurses Financial help towards equipment Emergency equipment loan Free loan of specialist toys 	<p>More info at:</p> <p>www.newlifecharity.co.uk</p>
<p>Scope</p>	<ul style="list-style-type: none"> provide practical information and emotional support when it's most needed 	<p>More info at:</p> <p>www.scope.org.uk</p>

	<ul style="list-style-type: none"> • Navigate – 6 x 1:1 sessions over the phone to support well-being/practical support 	
Cerebra	<ul style="list-style-type: none"> • Advice and support • DLA guide • Sleep seminars • Toy library • Sleep advice service www.cerebra.org.uk/get-advice-support/sleep-advice-service/ 	More info at: www.cerebra.org.uk
AutismWales.org	<ul style="list-style-type: none"> • The National Autism site for Wales. Information and resources on Autism and other ND conditions • Parent/carer virtual advice sessions autismwales.org/en/parents-carers/information-for-parents-carers/parents-and-carers-virtual-advice-sessions/ 	More info at: Autismwales.org
The ADHD Foundation	<ul style="list-style-type: none"> • Neurodiversity charity for information, support and resources 	More info at: Adhdfoundation.org.uk
Unique	<ul style="list-style-type: none"> • provides support, information and networking to families affected by rare chromosome and gene disorders. 	More info at: www.rarechromo.org
Mencap Cymru	<ul style="list-style-type: none"> • Wales Learning Disability Helpline • Advice and support 	More info at: www.wales.mencap.org.uk
Challenging Behaviour Foundation	<ul style="list-style-type: none"> • Provide information and support • Workshops 	More info at: www.challengingbehaviour.org.uk
Behaviour Support Hub	<ul style="list-style-type: none"> • Local charity based in Pontypridd helping families struggling with their child's behaviour • Coffee mornings and workshops 	Behaviour Support Hub – Support for Parent Carers and Schools https://behavioursupporthub.org.uk
Disability Sports Wales	<ul style="list-style-type: none"> • Offers information on clubs and sports available individuals with learning and/or physical disabilities 	More info at: www.disabilitysportwales.com

<p>Two Rhythms (Touch trust)</p>	<ul style="list-style-type: none"> • Offers creative movement programmes for individuals with learning disabilities • After school and weekend sessions(free) • 1-2-1 sessions • Children’s group sessions • Adults group sessions 	<p>More info at: https://www.tworhythms.co.uk</p>
<p>Ty Gwyn special school family centre</p> <p>Tel: 02920 838 560</p>	<ul style="list-style-type: none"> • Coffee mornings • Rubicon • Mother and Toddler group • Workshops 	<p>More info at: www.tygwynschool.com</p>
<p>Cwtch together</p>	<ul style="list-style-type: none"> • Weekly stay and play sessions on a Saturday in Cardiff with activities suitable for all age ranges 	<p>More info at: www.cwtchtogether.co.uk</p>
<p>Oshi’s world</p>	<ul style="list-style-type: none"> • Weekly stay and play sessions on a Saturday in Penarth with activities suitable for all age ranges 	<p>More info at: www.oshisworld.org</p>
<p>Keycreate</p>	<ul style="list-style-type: none"> • Offer a variety of inclusive, creative and educational sessions • Fortnightly ALN sessions on Sundays • 1-2-1 sessions 	<p>More info at: www.keycreatewales.co.uk</p>
<p>Affinity Hub</p>	<ul style="list-style-type: none"> • Emotional support for parents of children with special needs 	<p>More info at: www.affinityhub.uk</p>
<p>SIBS</p>	<ul style="list-style-type: none"> • Provides support to those with a sibling with a disability of any nature 	<p>https://www.sibs.org.uk/</p>
<p>Disability swim lessons</p>	<ul style="list-style-type: none"> • Disability swimming lessons at various sites inc Llanishen and STAR hyb 	<p>www.better.org.uk</p>
<p>Dimensions</p>	<ul style="list-style-type: none"> • Autism friendly cinema sessions monthly 	<p>www.dimensions-uk.org</p>
<p>AP Cymru</p>	<ul style="list-style-type: none"> • Exclusive events and activities • CPD accredited training • Monthly fee to have access to events 	<p>https://apcymru.org.uk</p>
<p>Thrive Cardiff</p>	<ul style="list-style-type: none"> • Weekly play session • At Ants inya Pants Friday 6pm 	<p>www.thrivecardiff.org</p>
<p>L.I.F.E.</p>	<ul style="list-style-type: none"> □ L.I.F.E is a local charity committed to supporting families residing in The Vale of Glamorgan and surrounding areas that have children and/or 	<p>Life Value in the Vale https://valueinthevale.com/charities/life</p>

	young adults who have a disability and/or additional learning need	FB group – Aln Charity
Pedal Power	<ul style="list-style-type: none"> Based in Sofia gardens and Cardiff bay Rental of accessible bikes/trikes – all abilities catered for 	www.cardiffpedalpower.org
Sparrows Aln group	<ul style="list-style-type: none"> Charity running inclusive events at Jump, Funtastic, Buzz, swimming, horseriding, eden centre 	Facebook group – Sparrows Aln group
Useful blogs/forums (Facebook)	<ul style="list-style-type: none"> A & Me Stories About Autism Finding Cooper’s voice South Wales Autism and Behavioural Support Group 	
National Autistic Society - Cardiff and the Vale Branch	<ul style="list-style-type: none"> Run events/coffee mornings Follow/join them on social media 	http://www.cardiffandvaleautism.org.uk/
Home-Start Cymru	<ul style="list-style-type: none"> Offer families with young children (up to 5 years old) free, emotional and practical confidential support. 	More info at: www.homestartcymru.org.uk
C.A.L.L Helpline 0800 132 737 Text Help to: 81066	<ul style="list-style-type: none"> A confidential listening line to talk about matters relating to neurodivergence. Open 24 hours can also signpost to literature and services for those who are neurodivergent. 	More info at: www.callhelpline.org.uk
Family Fund	<ul style="list-style-type: none"> Provide grants to families on a low income who are raising a disabled or seriously ill child or young person. Can get money for lots of different things including kitchen appliances, play equipment and days out. 	More info at: www.familyfund.org.uk
Disability benefit support	<ul style="list-style-type: none"> <input type="checkbox"/> Specialist advice for disability benefits 	Disabilitybenefitsupport@cardiff.gov.uk 02920 871 071 Rebecca Pope - 07583124514
Action for Children Live Chat Parent talk Cymru	<ul style="list-style-type: none"> Free, confidential live chat with an experienced parenting coach. Can talk about anything that supports the wellbeing of your child, you or your family. 	More info at: www.parents.actionforchildren.org.uk/about/parent-talk-cymru/

<p>EPATS- Early Positive Approaches to Support</p>	<ul style="list-style-type: none"> • 8-week programme for families raising a young child (5 years and under) where developmental delay has been suggested. Need SOGS-Schedule of growing skills assessment from Health Visitor. 	<p>For Cardiff referrals contact Cardiff Family Advice and Support 03000 133 133.</p> <p>For Vale referrals contact Families First Advice Line 08000 327 322</p>
<p>Barnardo's (Vale) Children's Autism Support Service</p>	<ul style="list-style-type: none"> • The Service is split into two parts to help support families whose children have not yet received a formal diagnoses and families who have. • Providing support to parents/carers with young people aged 5-18 years. 	<p>More info at: https://www.barnardos.org.uk/what-we-do/services/childrens-autism-support-service-vale-glamorgan</p>
<p>Cardiff and Vale Parents Federation</p>	<ul style="list-style-type: none"> • Supporting families caring for a relative with a learning disability 	<p>www.parentsfed.org</p>
<p>Carers Wales</p>	<ul style="list-style-type: none"> • Supporting unpaid carers with expert information, advice and support • Offer "me time" online workshops and meet ups 	<p>www.carersuk.org</p>
<p>Cardiff and Vale Recovery and Wellbeing College</p>	<ul style="list-style-type: none"> • Run free educational courses for adults on mental health and wellbeing. 	<p>More info at: https://cavuhb.nhs.wales/recovery-college</p>
<p>Cardiff and Vale University Health Board Children's Speech and Language Department Advice Line 02921 836 585</p>	<ul style="list-style-type: none"> • Ring for tips on ways to help your child (up to 5 years) with communication skills. • Give information about how talking develops and suggest activities that you can do to encourage play skills, understanding of language, using words and general communication. 	<p>Call 02921 836 585</p>
<p>Dewis Cymru www.dewis.wales</p>	<ul style="list-style-type: none"> • Database to search for local and national organisations and services in Wales. 	<p>More info at: www.dewis.wales</p>
<p>MIND</p>	<ul style="list-style-type: none"> • Mental health charity offering free counselling and paid for counselling 	<p>Mind.org.uk (Cardiffmind.org) 02920 402040</p>
<p>4Winds 4winds.org.uk</p>	<ul style="list-style-type: none"> • Independent user led mental health charity working to improve mental health and wellbeing in Cardiff and the Vale. Provide a range of mental health support services. 	<p>More info at: www.4winds.org.uk 02920 388 144 Email contact@4winds.org.uk</p>
<p>The Sleep Charity thesleepcharity.org.uk</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Resouces, information and advice for parents/carers about sleep <input type="checkbox"/> National Sleep helpline 03303 530 541 	<p>More info at: www.thesleepcharity.org.uk/information-support/children/</p>

<p>ERIC eric.org.uk</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Children’s bladder and bowel charity <input type="checkbox"/> Information, advice, and resources on toileting children with additional needs 	<p>More info at: www.eric.org.uk/children-with-additional-needs/</p>
<p>Cardiff and Vale University Health Board Keeping Me Well Website keepingmewell.com</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Links to children’s services within the health board including: <ul style="list-style-type: none"> o Occupational Therapy o Speech and Language o Psychology o Dietetics and many more <input type="checkbox"/> Resources, advice, videos on topics such as sleep, communication, sensory issues, toileting etc. 	<p>More info and resources at: www.keepingmewell.com/childrens-support-services/ www.keepingmewell.com/wp-content/uploads/2021/08/ADVICE-SHEETS-FOR-THE-INTRANET-FADDY-EATING-IN-YOUNG-CHILDREN-UPDATED-2020-002.pdf</p>
<p>Speech and Language UK speechandlanguage.org.uk</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Resources, advice and information on speech and language/communication. 	<p>More info at: www.speechandlanguage.org.uk/help-for-families/</p>
<p>Afasic www.afasic.org.uk</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Children's Speech and language UK charity <input type="checkbox"/> Provides support and information on speech language and communication needs (SLCN) and developmental language disorder (DLD) <input type="checkbox"/> Parents/carers helpline/listening ear 0300 666 9410 	<p>More info at: www.afasic.org.uk/slcn/ www.afasic.org.uk/the-afasic-helpline/</p>
<p>Young Minds www.youngminds.org.uk</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Mental Health Charity for children and young people <input type="checkbox"/> Has resources, advice, and information on topics such as autism and mental health, ADHD and mental health, and challenging behaviour 	<p>More info at: www.youngminds.org.uk/parent/find-help/neurodiversity/ www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/challenging-behaviour/</p>
<p>BDA The Association of UK Dieticians www.bda.uk.com</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Information on Autism and Diet, ADHD and diet 	<p>More info at: www.bda.uk.com/resource/autism-diet.html</p>

www.bda.uk.com/resource/what-are-the-difficulties-for-autistic-children-at-mealtimes.html

www.mindmate.org.uk/wp-content/uploads/2022/10/BDA-MHG-ADHD-food-handout.pdf